



DISTRICT VI



Cross Country Championships

SATURDAY, OCTOBER 26th, 2019

INDIAN VALLEY ELEMENTARY CENTER
125 Kish Road, Reedsville 17084

Race Day Schedule of events:

9AM – Course Review

9:30AM – Coaches' Meeting

10AM - AAA Girls

All subsequent races will follow IMMEDIATELY in this order:

Race 2 – AAA Boys

Race 3 - AA Girls

Race 4 – AA Boys

Race 5 - A Girls

Race 6 – A Boys

Race 7 – Unseeded Girls & Boys (combined)

The clock will be stopped at 25 minutes in each Boys race and at 30 minutes in each Girls race.

Facilities: The restrooms will be available until the end of the meet. Athletes should remain in areas of the Indian Valley Elementary Center that have been designated for use by the Mifflin County School District. No locker rooms or showers are available.

Entries: Team registration will be completed entirely online through the runhigh.com website (instructions attached). Each school may enter (7) participants in each Varsity race. We will also offer an Unseeded Girls and Boys **combined** race. Unseeded entries are unlimited and seniors are permitted to run in this race. Schools are not permitted to enter the Unseeded race without entries in the Varsity contest.

THIS IS A PAPERLESS MEET – ALL PARTICIPANTS MUST BE ENTERED ONLINE

Entry deadline is Monday, October 21st at 11:59pm

Check-in, PIAA Registration, T-Shirt purchases, and Concessions will all be located in the IVEC Cafeteria.

- Timing: Provided by **The Runner's High**
- Awards: Presentation will take place in the gymnasium at the following times for individual races:
AAA Girls/AAA Boys and AAA Team Presentations – 11:30am
AA Girls/AA Boys and AA Team Presentations – 12:30pm
A Girls/A Boys and A Team Presentations – 1:30pm
Unseeded Girls & Boys Presentations – 2pm
- 1st Place Team** in all Girls & Boys classifications (Trophy)
 - Top 10** finishers in each Girls & Boys classification (Medals)
 - Top 7** finishers (Unseeded Race) in each classification (Medals)
- Scoring: Standings will be decided according to convention – the lowest aggregate score of the first five (5) runners of each team.
- Results: Will be posted at the conclusion of each race.
Each team will be provided with hard copies of meet results at the conclusion of the event.
- Photography: On-site photography will be provided by Paul Heil Photography. Championship pictures and pictures of the day will be available for purchase at the event.

Entry Fee: \$50 per school + \$10 per participant entered in the Varsity and Unseeded races. Once again, there is a \$50 entry for each school, regardless of your number of participants. If a school sends only one runner, the entry fee would be \$50 (school) + \$10 (runner) for a total amount due of \$60.

*Checks are payable to **PIAA District 6** and should be mailed to:

FOREST HILLS ATHLETICS

Joe Gironda, D6 XC Chairman
535 Locust Street
Sidman, PA 15955

**You may also hand-deliver your check on Race Day*

District VI Cross Country Championships On-Line Registration Instructions

The registration process for the District VI Cross Country Championships will be completed entirely on-line through the runhigh.com website. [CLICK HERE](#) for the Main Menu, then click on Cross Country Information, then On-Line Cross Country Event Registration Information. Scroll to the bottom of the page and click on *Enter System Now To Register, Edit, or View XC Meet Info*. Follow the directions as indicated. If you have used this service before, it has not changed.

You will initially click on the **Add Team** button in order to include your school in the master database of schools, *(if it is not already included in the database)*. The name of your school must be shortened to a maximum of twenty-one (21) letters and spaces. **Do Not** use the words "boys", "girls", "varsity", "highschool", "junior varsity", etc. Keep it short, *(i.e. Slippery Rock, Mt Lebanon, etc)*. Also, **Do Not** use an apostrophe (') or an ampersand (&) in the team name. You will need to set a password *(your e-mail address will be your user ID and you can change the password to whatever you like)*.

You will then add your roster of runners to this database. Please include the names of all runners who may potentially run any of the races. Include ALL of your Varsity and Unseeded runners to the same roster; unless your rosters are very large *(50 or more in any one category)*, and you want to keep them separated, *(i.e. Boys and Girls or Varsity and Unseeded)*.

Use 1 for Freshmen, 2 for Sophomores, 3 for Juniors and 4 for Seniors.

Once you have entered your roster, you can make changes to your master roster at any time *(add, delete or edit)*. This may be done now in order to forestall any difficulties or glitches, which may arise at "*Crunch Time*".

After your roster has been entered into the database, you can register your school for the **District VI Cross Country Championships**. Initially, your entire roster will appear as participating in the event. You can go through and deselect those who may not be participating on that day.

At any time, you can view the event and see which schools and which runners have registered. This is a big "plus" for coaches and the meet director.

The Runner's High continues to strive for excellence through the use of state-of-the-art technology. Please feel free to mention their services to any of your upcoming meet directors still using the old paper format.

If you have any questions concerning the on-line registration process, please contact Mark Courtney at smc@runhigh.com.

Additional Information:

Hotels

Best Western (Milroy)-about a mile from course

Holliday Inn Express-about 2.5 miles from course

Restaurants within a mile of course

Honey Creek Inn

Bel-Vue

Phil's OIP

DQ

Arby's

Subway

Smitty's

Londonderry Restaurant

There will also be a concession stand available at the site.